## ABSTRACT OF THE DISCLOSURE

A central tube cable, including a cable jacket defining an optical fiber cavity therein; at least one radial strength member embedded in the jacket; a plurality of optical fibers disposed within the optical fiber cavity; and a bundle support member disposed inside the optical fiber cavity to limit movement of the optical fibers with respect to the bundle support member. The optical fibers are preferably housed in buffer tubes and at least some of the buffer tubes contact the bundle support member. The buffer tubes are either helically stranded around the bundle support member or are S-Z stranded. The optical fibers may be provided in the form of optical fiber ribbons that are located in the optical fiber cavity.